

MOUNTAIN VIEW SENIOR CENTER CLASS SCHEDULE

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 - 650-903-6330



**WINTER/
SPRING 2010**

Registration information: It is noted in each column which Adult Education establishment is responsible for specific class registration. See below for specifics for registration.

MV-LA Three options for registration:

1. Visit Mountain View Los Altos Adult Education (MV-LA) at **333 Moffett Blvd**, additional class description information is available through MV-LA
2. Call **(650)-940-1333** with your credit card available.
3. or visit their website to register for this class at www.mvlaae.net

FOOTHILL- Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information you can call **(650)-949-7321**.

VOLUNTEER – These classes are free and there is no need to register. Please just attend.

IN CLASS - Register for class with instructor.

CLASS NAME	REG	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ADAPTIVE HATHA YOGA -Includes modificaitons of the postures, breath techniques, relaxation, mediation and cultivation of awareness and kindness towards ourselves. No class on 1/18, 2/15	FOOTHILL	MON THURS	1/4-3/25	8:45-10AM	FREE	MULTI A	M. ALEXANDER
ADAPTIVE LEVEL II YOGA CLASS - Designed for the active senior with an onset of physical limitations such as mobility and balance. Total body fitness and socialization are the major benefites and goals of this program. Registration will take place first day of class. No class 1/18, 2/15	IN CLASS	MON THURS	1/4-4/1	10:30AM - 12PM	\$120	DANCE AND MOVEMENT ROOM	M. ALEXANDER
CALLIGRAPHY WITH SARA - Students will work on lettering and designing place cards, menus, invitations, and announcements for a special event. Learning important layout techniques will be included. Beginning and continuing students are encouraged to attend. Supplies will be discussed at the first class meeting - if you have lettering materials, bring them. *\$5.00 Materials fee due to instructor at first class.	MV-LA	FRI	1/29-6/4	9AM-12PM	\$96/\$116	ARTS + CRAFT RM	S. LOESCH-FRANK
CERAMICS, BASIC TECHNIQUES - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee.	MV-LA	WED	1/27-5/26	1-4PM	\$80/\$100	ARTS + CRAFT RM	C. MACPHERSON
CERAMICS, EARTH, GLAZE and FIRE - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter they will have completed pieces to take home. *Materials furnished for small fee.	MV-LA	TH	1/28-5/27	9AM-12:00PM	\$90/\$110	ARTS + CRAFT RM	S. WORLEY

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CERAMICS - SMALL SCULPTURE - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. *Materials fee of \$20 for clay and glaze payable to teacher at first class.	MV-LA	WED	1/27-5/26	9AM-12PM	\$80/\$100	ARTS + CRAFT RM	C. MACPHERSON
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American Seniors who love to sing. Chinese classical, popular and folk songs are practiced once a week and performed at local communities and special events. Come join our group.	VOLUNTEER	TUE	ONGOING	2:30-4:30PM	FREE	MULTI A	C. ZHOU
CHORUS - Do you like to sing? Join our performing chorus; all abilities welcome! Have fun while learning vocalizing and sight singing techniques in a range of music styles from popular show tunes to light classics. *Music fee of \$20 collected at first class.	MV-LA	WED	1/27-6/9	9:30-11:30AM	\$44/\$64	MULTI A	M. RIDGWAY
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class on 1/18, 2/15, 5/31	VOLUNTEER	MON	ONGOING	9AM-12PM	FREE	ARTS + CRAFT RM	J. FERREIRA
CURRENT AFFAIRS - Join this class and you're sure to be involved in a stimulating and thought provoking discussion and analysis of Current Events. Explore your ideas and opinions of issues, including: national news, the economy, upcoming elections, the environment, the future of Moffett Field, the 49ers in Santa Clara, and development and changes in Mountain View and Los Altos. Bring your questions and topics as you delve beyond the headlines. No class 2/15	MV-LA	MON	2/1-5/24	1-3PM	\$60/\$80	MEETING RM	J. MATHER
DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and floral will be emphasized. Materials list available at first class.	MV-LA	TUE	1/26-6/8	9AM-12PM	\$108/\$128	ARTS + CRAFT RM	B.DIXON

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ESL - LITERACY/ BEGINNING LOW - This class is designed for students who have never studied English or for students who can read, write, understand and/or speak simple words and phrases. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No Class on 1/18, 2/15, 5/31	MV-LA	MON THURS FRI	1/25-6/10	8:45-10:15AM	FREE	MEETING RM	TBA
ESL - BEGINNING HIGH - This class is designed for students who can read short articles and write several sentences in English. These students can also speak and understand common English words and phrases. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No Class on 1/18, 2/15, 5/31	MV-LA	MON THURS FRI	1/25-6/10	10:30AM-12PM	FREE	MEETING RM	TBA
ESL - ADVANCED LOW - This class is designed for students who use English independently in most familiar situations. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No Class on 1/18, 2/15, 5/31	MV-LA	MON THURS FRI	1/25-6/10	10:30AM-12PM	FREE	MULTI B	TBA
ESL - INTERMEDIATE LOW - This class is designed for students who can read and write about familiar situations. These students can participate in conversations about everyday subjects and subjects they are interested in. NEW STUDENTS must come first to the AE Center at 333 Moffett for a placement test BEFORE entering an ESL class at the MV Sr. Center. No walk-ins, no exceptions. No Class on 1/18, 2/15, 5/31	MV-LA	MON THURS FRI	1/25-6/10	8:45-10:15AM	FREE	MULTI B	TBA
ENGLISH CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting.	VOLUNTEER	FRI	ONGOING	1PM - 3PM	FREE	MEETING RM	N. ROSS
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement naturally. This series of gentle movements will help you discover more comfortable and effective ways to complete everyday movements with more ease. Lessons involve small movements on the floor that relieve stress and contribute to a greater sense of well-being. Mats provided.	MV-LA	FRI	1/8-1/22	10-11:15AM	\$11/\$21	MULTI A	J. ELVIN

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FIGURE + PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. *\$45 model fee payable to instructor at first class meeting.	MV-LA	THURS	1/28-5/27	1-4PM	\$102/\$122	ARTS + CRAFT RM	K. YOUNG
FLOWING MOVEMENT - Would you like to experience vitality, joy, and ease in your body? Reduce pain? Cope more effectively with stress? Stay healthy and active as you age? Rosen Method Movement is a playful, low impact, highly enjoyable way to bring the benefits of exercise into your life. These gentle, non-aerobic movements are done to music that inspires you to move. Enjoyable for all ages and suitable for those recovering from injury or who have physical limitations. Please bring yoga mat or large beach towel to class for floor exercises.	MV-LA	TUE	1/26-6/8	5:30-7PM	\$68/\$88	MULTI A	J. HENDERSON
GENERAL CONDITIONING - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class on 1/18, 2/15	FOOTHILL	MON THURS	1/4-3/25	MON-1-2:30PM THURS 10-11:30AM	\$47	MULTI A	S. LOHMANN
INTRO TO EMAIL - Everyone can be connected through the Internet! You will open your personal email account and learn to send messages, greetings and invitations. You will be introduced to "surfing" the Internet and visit some of today's most popular web sites. Prerequisite: Meet the PC or equivalent. No class 1/18.	MV-LA	MON WED	1/4-1/25	9-11AM	\$48 / \$68	TECH RM	M. SINGER
INTRO TO EMAIL - Everyone can be connected through the Internet! You will open your personal email account and learn to send messages, greetings and invitations. You will be introduced to "surfing" the Internet and visit some of today's most popular web sites. Prerequisite: Meet the PC or equivalent.	MV-LA	TUES THURS	2/2-2/23	9-11AM	\$48 / \$68	TECH RM	M. SINGER

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IN CLASS - Register for class with instructor.

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INTRO TO EMAIL - Everyone can be connected through the Internet! You will open your personal email account and learn to send messages, greetings and invitations. You will be introduced to "surfing" the Internet and visit some of today's most popular web sites. Prerequisite: Meet the PC or equivalent.	MV-LA	TUES THURS	5/11-5/27	9-11AM	\$48 / \$68	TECH RM	M. SINGER
KARAOKE: DROP IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are provided by instructors and are in Chinese.	VOLUNTEER	TUE	ONGOING	1-4PM	FREE	ARTS + CRAFT RM	J. LIANG + C. CHOW
KNITTING + CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	VOLUNTEER	WED	ONGOING	1-3:30PM	FREE	MULTI B	J. BAUMGARDNER
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed.	VOLUNTEER	FRI	ONGOING	1-2PM	FREE	MULTI A	J. LIANG
LOW IMPACT AEROBICS - This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns.	FOOTHILL	TUE THURS	1/5-3/25	1-2:20PM	\$41	MULTI A	D. ARNOLD-AMMON
LIP READING AND MANAGING YOUR HEARING LOSS, BEGINNING - This class is for new and experienced hearing aid users and people who use no hearing aids at all. Assistive devices, with earphones or neck loops, are available for use in class. Whether or not you have hearing aids, these classes help you learn and practice strategies to cope with hearing loss.	FOOTHILL	WED	1/6-3/24	10-11:30AM	\$30.50/ \$38.50	MEETING RM, (2nd WED of each month, class held in CONFERENCE ROOM)	E. MASTMAN
LIP READING AND MANAGING YOUR HEARING LOSS, ADVANCED - This class will give you the opportunity to further your lip reading skills gained on the Introduction course.	FOOTHILL	TUE	1/5 - 3/23	10-11:30AM	\$30.50/ \$38.50	MEETING RM	E. MASTMAN

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CLASS NAME	REG	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
MANAGING YOUR PICTURES ON THE PC WITH PICASA - The world of photography has gone digital and managing pictures moved from albums and shoeboxes to the PC. Picasa is free software that makes it easy to view, organize, edit and share the digital photos on your PC and in web albums. Course topics include downloading photos from digital cameras, arranging pictures in PC albums, clearing red-eye and other effects, and posting shared pictures on the Internet for friends, co-workers, and family.	MV-LA	MON WED	3/1-3/17	9-11AM	\$48/\$68	TECH RM	M. SINGER
MANAGING YOUR PICTURES ON THE PC WITH PICASA - The world of photography has gone digital and managing pictures moved from albums and shoeboxes to the PC. Picasa is free software that makes it easy to view, organize, edit and share the digital photos on your PC and in web albums. Course topics include downloading photos from digital cameras, arranging pictures in PC albums, clearing red-eye and other effects, and posting shared pictures on the Internet for friends, co-workers, and family.	MV-LA	MON WED	4/19-5/5	9-11AM	\$48/\$68	TECH RM	M. SINGER
MEDITATION FOR STRESS REDUCTION - Benefits of meditation, properly practiced, include stress reduction, slowing of biological aging processes, enhanced immune function, better mental/emotional balance, increased concentration, and a feeling of joy for living. Each week, a different meditation technique will be taught and practiced. Previous techniques will also be reviewed. Susie Lowe has taught meditation for over 15 years.	MV-LA	WED	1/27-6/9	5:30-6:30PM	\$36.00	SMALL MTG	S. LOWE
MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	TUE THURS	1/5-1/21	9-11AM	\$48/\$68	TECH RM	M. SINGER
MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	MON WED	3/22-4/7	9-11AM	\$48/\$68	TECH RM	M. SINGER

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MEET THE PC - Use hands-on activities to learn the basic features and functions of your computer including the mouse, icons, menus, and desktop icons. Explore application programs in word processing, drawing, games, the internet.	MV-LA	MON WED	5/10-5/26	9-11AM	\$48/\$68	TECH RM	M. SINGER
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher.	MV-LA	THURS	1/28-6/3	12:30-3:30PM	\$108/\$128	MEETING RM	S. HALLORAN
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA -This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net .	MV-LA	WED	1/27-6/9	1:15-4:15PM	\$98/\$118	MULTI A	S. MACY
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere will be maintained of mutual support and friendship. This is a drop in club with no formal instruction. All are welcome!!	VOLUNTEER	WED	1/6 - ongoing	9AM-12PM	FREE	MULTI B	K. KOSHGARIAN
QIGONG, EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited.	MV-LA	WED	1/27-6/9	5:30-7PM	\$68/\$88	MULTI A	L. SIMS
QIGONG, MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. Promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi.	IN CLASS	THURS	ONGOING	10-11:30AM	\$10/MO	COMMUNITY CENTER RM 3	O. WANG

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QUILTMaking TECHNIQUES - This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. *\$4.00 materials fee payable to instructor. No class 2/15	MV-LA	MON	1/25-3/22	1:30-4PM	\$44/\$64	MULTI B	P. BELLAMY
QUILTMaking TECHNIQUES - This is a class for those with some quilting experience. Three projects will be presented during the session. Projects will use both fast machine techniques and handwork. Participation in at least one of the new projects is expected. We will also do exercises to help you successfully use color and design in making quilts. Students will be asked to regularly share their projects and information for the enrichment and enjoyment of all. You will need access to a sewing machine for some of the projects. *\$4.00 materials fee payable to instructor.	MV-LA	MON	4/5-5/24	1:30-4PM	\$44/\$64	MULTI B	P. BELLAMY
QUILTMaking, BEGINNING - Making beautiful quilts and quilted accessories is easy! Let Pat show you how to make special lap quilts from planning to completion in the 9 weeks of class. Anyone with portable machines are encouraged to bring them, and you will need one to use at home between sessions. If you started a project and need help and support to finish, this may be the class for you. Emphasis will be on learning each step of the quilting process. Students are expected to regularly share information and ideas in class. *\$4.00 materials fee payable to instructor.	MV-LA	THURS	1/28-3/18	1:30-4PM	\$44/\$64	MULTI B	P. BELLAMY

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SOCIAL DANCE CLUB - This club plays American, Chinese and South American music from the 50s, 60s and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango and Waltz. Come join our Monday night "Dancing with the Oldies" and dance the night away. No class 1/18, 2/15, 5/31	VOLUNTEER	MON	ONGOING	7-9PM	FREE	MULTI A	D. WU
SPANISH INTERMEDIATE CONVERSATION - This class offers lively conversation, small group discussions, oral presentations & current events.	MV-LA	TUE	1/26-6/8	12:30-2:30PM	\$69/\$89	MEETING RM	A. PILLING
SQUARE DANCING - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed.	VOLUNTEER	FRI	ONGOING	2:15-3:15PM	FREE	MULTI A	A. KNOPPE
STRONG FOR LIFE - Strong for Life is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physicians clearance forms from the instructor.	VOLUNTEER	TUE	ONGOING	10:30AM - 11:15PM	FREE	DANCE AND MOVEMENT ROOM	K. BUCKLEY
TAI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional well-being. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class on 1/18, 2/15, 5/31	IN CLASS	MON	ONGOING	10:15AM-12PM	\$12/MO	MULTI A	O. WANG
TAI CHI / QIGONG - Tai' Chi has been practiced for hundreds of years and has been proven to increase flexibility and strength, while decreasing stress. Come and learn flowing, meditative movements while having fun! No class 1/18, 2/15	FOOTHILL	MON	1/4-3/22	2:30-4:30PM	FREE	MULTI A	D. MARRIOTT

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THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement.	VOLUNTEER	WED	ONGOING	10-11:15AM	FREE	DANCE AND MOVEMENT ROOM	N. SUBRAMANIAN
WOODCARVING: DROP IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class on 1/18, 2/15, 5/31	VOLUNTEER	MON	ONGOING	1-4PM	FREE	ARTS + CRAFT RM	J. HUNTING
WORKOUT ON BROADWAY - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Work– out attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgeway has over 30 years experience dancing and getting in shape!	MV-LA	TUE THURS	1/26-6/10	2:15-3:30PM	\$110/\$130	DANCE AND MOVEMENT ROOM	M. RIDGWAY
WORKOUT ON BROADWAY, LEVEL II - Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Work– out attire and leather-soled shoes recommended (no taps). Instructor Marnie Ridgeway has over 30 years experience dancing and getting in shape!	MV-LA	TUE THURS	1/26-6/10	1-2:15PM	\$110/\$130	DANCE AND MOVEMENT ROOM	M. RIDGWAY